

# The Epidemic of the Social Media and Mental Health Relationship Among College Students

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Mental health disorders has been around before social media, however the obsession of social media destroys college students' mental health. Over the past decade, social media has grown as a platform to promote a person, place, and/or idea. Social media platforms, such as Facebook and Instagram, develop a sense of community for online users. Social media depletes endorphins in the brain by negatively comparing themselves to others. Social media plays into emotions and how people behave or act out. Social media increases anxiety by always wondering what other people think of them.

